

Contenuti disciplinari Lingue Straniere classe 5^ CUCINA

1) ALIMENTAZIONE E NUTRIZIONE

FRANCESE

- Alimentation et nutrition
- Nutriments : macronutriments et micronutriments
- Fonctionnement : vitamines et sels minéraux
- Hydratation, circulation et nettoyage : l'eau
- Pyramides alimentaires : Nouvelle pyramide alimentaire 2020 et double pyramide durable eau-alimentation
- Le cholestérol
- Antioxydants : les cinq couleurs de la vie

INGLESE

- Nutrition and health
- Nutrition and food science
- The nutrients in food and their function
- Water
- Carbohydrates
- Lipids
- Proteins
- Vitamins
- Minerals
- Healthy eating
- The healthy eating pyramid
- The traditional healthy Mediterranean diet pyramid
- The danger list
- The coeliac disease
- 7 best stress-fighting foods

2) PROMOZIONE DELLA SALUTE E PREVENZIONE DELLE MALATTIE CORRELATE ALL'ALIMENTAZIONE

FRANCESE

- Agenda 2030: conoscenze essenziali
- Alimentation et santé : alimentation saine, équilibrée et durable
- Diète méditerranéenne et durabilité.
- Régimes alimentaires
- Maladies liées à l'alimentation : dyslipidémies (hypercholestérolémie, hypertriglycéridémie, dyslipidémies mixtes) ; athérosclérose ; obésité hypertension artérielle ; diabète.

INGLESE

- Agenda 2030: conoscenze essenziali
- Special diets menus:
Pregnant and lactating women's diet
Kid's diet
Adolscents' diet
Older adults' diet

Athlete's diet

Diabetics' diet

Vegetarians' diet

- The vegan food pyramid
- Macrobiotics
- Eating disorders
- Anorexia nervosa (AN)
- Bulimia nervosa (BN)
- Binge Eating Disorder (BED)
- Pica
- The treatment
- Food and Religion

3) PROMUOVERE UN'IMPRESA TURISTICA SUL WEB

FRANCESE

- Étude du marché
- Marketing mix
- Publicité

INGLESE

- The Catering cycle
- The Marketing Mix
- Marketing and promotion
- Food & Beverage Managers
- Staff organization chart

4) IGIENE E SICUREZZA IN CUCINA

FRANCESE

- La sécurité alimentaire en restauration: HACCP.
- Les différents types de contamination alimentaires.

INGLESE

- Food Contamination
- Food borne diseases
- Bacteria and food poisoning
- Food safety and food hazards HACCP